



Heat Rash (Prickly Heat)

Plugged sweat glands or pores of the skin



Signs

- Small, red bumps usually on the face, folds of the neck, chest and in the diaper area.



What to Know

- Heat rash can appear quickly and go away without treatment.
- Heat rash may be caused by:
 - Being too warm from the weather
 - Being overdressed
 - Having a fever
 - Anything that causes the baby to stay moist and sweaty
- It may clear up when the skin is kept cool and dry. This type of rash is not caused by infection and is not contagious.



What to Do

- Bathe your baby in warm to cool water with $\frac{1}{4}$ cup baking soda dissolved in bath water. Don't use soap. Pat baby dry.
- Dress your baby so he/she is cool to warm but not sweating.
- Don't overdress your baby.
- Maintain a comfortable room temperature throughout the year.



When to Call Your Health Care Provider

- If the small, red bumps have pus or are filled with fluid.
- If your baby has a fever.
- If improvement of the rash is not seen within three to five days.
- If the rash spreads all over the baby's body.

